



RESOURCES TO SUPPORT FAMILIES AFFECTED BY SUBSTANCE USE

FIRST Steps Together is a home visiting program that offers community based and/or virtual services, delivered by a parent in recovery with training to support both recovery and parenting journeys. We also offer groups, care coordination, and the option of working with a mental health counselor. *FIRST Steps Together* is open to any person 18 years old or older, who has used opioids and/or stimulants, and who is pregnant or expecting a child, or has at least one child who is 5 years old or younger. Participants do not have to have custody of their children or be actively parenting.

For more information about our program, including contact information for each program site and a downloadable flyer and information card, please visit mass.gov/FIRST-Steps-Together

FIRST Steps Together Newsletters:

[Fall 2021: SAMHSA Recovery Dimensions](#)

[March/April 2021: Groups](#)

[January/February 2021: Goal Setting](#)

[November/December 2020: Holiday Resources](#)

[September/October 2020: Working with Dads](#)

[July/August 2020: Supporting New Parents](#)

[May/June 2020: Forging Partnerships](#)

[April 2020: Mindfulness to Support Parent and Children](#)

[March 2020: Tools to Support Parent/Child Relationships](#)

[February 2020: Supporting Parent Child Visitation](#)

[January 2020: All Paths to Recovery](#)

[December 2019: 2019 Year in Review](#)

Trauma, Resilience and Relationship in the Brains of Parents and Children Webinar Series:

Amy Sommer, LICSW, Clinical Director of Center for Early Relationship Support at Jewish Family and Children's Services, presented a three-part webinar series in June entitled: **Trauma, Resilience and Relationship in the Brains of Parents and Children**. This series was designed to more deeply understand the relationship between trauma and resilience. Together we looked at the impact of trauma on our brains, the cyclical nature of untreated multi-generational trauma, and the overlap and intersections of trauma and substance use.

Part 1: **How Trauma and Resilience Live in our Brains**, <https://public.3.basecamp.com/p/qWtqqkPPjVjTFKvDFhJXaska>

Part 2: **Thinking about Trauma & Resilience in Parent-Child Pairs**,

<https://public.3.basecamp.com/p/VADz2dFDqt5FymSJC4Uf2VUr>

Part 3: **Trauma and Substance Use Disorder**, <https://public.3.basecamp.com/p/VRSkiEuTmbAErfhAkX67m8wU>

Understanding and Treating Mother & Child Dyads:

This webinar focuses on the parent-child dyad, with a brief introduction to how initial and ongoing interactions between parent and child shape future attachment capacities and strengthen our ability to regulate our emotions.

<https://public.3.basecamp.com/p/rz7nHjYlJW13LipxQA5wscLw>

Supporting Family Time (Visitation for Families with DCF Involvement):

FIRST Steps Together has created a webinar and tip sheet for supporting virtual family time.

Supporting Family Time Webinar: <https://public.3.basecamp.com/p/DyG9UG5WJ9xGQw9RfMtGBg45>

Supporting Family Time Tip Sheet: <https://public.3.basecamp.com/p/8EGHVBr1GePaA2kdHgZ5AJJP>



FIRST STEPS TOGETHER IS FUNDED BY A GRANT FROM THE SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION TO THE MASSACHUSETTS DEPARTMENT OF PUBLIC HEALTH. THE PROGRAM IS ADMINISTERED BY THE BUREAU OF FAMILY HEALTH AND NUTRITION.